

MICROMAT DUO 220/230

AEG

Microwave Oven

Four à micro-ondes

Apparecchio à microonde

Magnetronoven

Aparato microondas

Operating Instructions

Mode d'emploi

Istruzioni per l'uso

Gebruiksaanwijzing

Instrucciones para el uso

AUS
ERFAHRUNG
GUT

Dear Customer

Thank you for buying a MICROMAT-DUO microwave oven and showing trust in the AEG brand name.

Before using the AEG microwave with grill for the first time please read the instruction booklet thoroughly.

It has been written to help you take advantage of all the features that this microwave offers.

In return the MICROMAT-DUO will reward you by giving you troublefree operation and also avoids unnecessary service calls.



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Microwaves – what are they?

Microwaves belong to the family of electromagnetic waves. These waves are able to transmit energy like radio waves. Microwaves are close relatives of the short waves known in radio and TV, being used, not to transmit music and TV pictures, but to cook food.

During the cooking cycle, the microwaves penetrate inside the food. Without any intermediate carrier, they generate heat below the surface by causing the food molecules to vibrate. The heat of friction thus generated propagates through the food, enabling the latter to be defrosted, heated, and cooked.

This is the basic difference between a microwave appliance and conventional cooker. Cookers externally apply heat to the food via heat flux (oven), heat conduction (hob), or heat radiation (grill).

How quickly a microwave oven cooks food depends very strongly on the quantity, quality, and shape of the food.

Since, during microwave cooking, heat is not uniformly generated at all locations, it is important that the food to be heated is stirred or turned when large quantities are being cooked.

Since this cooking method involves generation of heat inside the food itself and not via an intermediate carrier (fat or water), nutrient-conserving cooking is possible.

Vitamins and minerals are retained in the food and not swept away as during conventional cooking.

Safety instructions

The golden rules for trouble-free and safe working with a microwave oven

1. **Switch the appliance on only when food has been placed in the cooking space, and only operate it when the turntable is inserted.**
2. Always keep the appliance clean, especially in the vicinity of the door seals and door seal surfaces.
3. **Never damage:**
 - the door
 - the door hinges
 - the door seals and their surfaces
 - the door frame

(e.g. never jam anything between door and frame)

Clean the door seals and their surfaces (also the door frame) with a mild detergent and hot water.

Note:

Should the door seals and door seal surfaces be damaged, the appliance should not be operated until it has been repaired by the AEG Service Centre or by an AEG-trained electrician!

4. **Only use suitable ovenware.**
5. When heating liquids, please always additionally place a tea-spoon in the container to avoid delayed boiling.
But it must not touch the walls.
During delayed boiling, the boiling temperature is attained without typical steam bubbles rising. Even when the container is only slightly shaken, the liquid may then suddenly vigorously boil over or spurt. Risk of scalding.
6. Food with a "skin" or "peel", such as potatoes, tomatoes, sausages, and the like should be pierced with a fork so that any steam present can escape and the food will not burst.
7. Make sure that a minimum temperature of 70 °C is attained for the cooking/heating of food. This will be achieved if you follow the instructions given in the cooking tables (time/power). Never use a mercury or liquid thermometer for measuring the food temperatures.
8. Babyfood in jars or bottles should basically be heated without a lid or top and well stirred or shaken after heating to ensure uniform distribution of the heat. Before giving your child the babyfood, please check the temperature.
9. Please note that, at high power and time settings, the ovenware heats up. Therefore use protective mittens suitable for handling pots and pans.

Safety instructions for the user

**Safety
instructions
for the user**

10. **Do not leave the appliance to operate unattended if food is to be warmed or cooked in disposable containers made of plastic, paper, or other inflammable materials.**
Should smoke be observed the oven door must be kept closed and the oven switched off or else disconnected from the power supply.
11. **Never use your microwave oven:**
 - **to boil eggs and escargots in their shells, since they will otherwise burst!**
 - **to heat large quantities of cooking oil (fondue, deep-frying) and drinks containing a high percentage of alcohol (danger of spontaneous combustion!)**
 - **to heat unopened cans, bottles, etc.**
 - **to dry animals, textiles, and paper**
 - **for crockery (porcelain, ceramics, earthenware, etc.) having voids that fill with water and which may cause vapour pressures to build up during microwave cooking. Please follow the respective manufacturer's instructions.**
12. **Use your appliance only as instructed** and as indicated in the "Cooking tables". Never overcook your food by excessive times and excessive power settings.
Specific areas of the food will otherwise dry out and may ignite.
13. Should the power cable fitted to the appliance be damaged, it must be replaced with an identical one. This work may only be carried out by the manufacturer's staff or by qualified electricians who have been trained by the manufacturer.
14. **The viewing window heats up in combined operation and when grilling, so keep small children well away from the appliance.**
15. **If the viewing window is hot, please close the door by pressing the trapezium-shaped plate on the lower right-hand side of the door.**

AEG electrical appliances comply with all the relevant safety regulations. Never, ever use the microwave oven if it is no longer functioning properly. In order to maintain the safety of your appliance, you may only have repairs, particularly to the live parts of the appliance, carried out by a qualified electrician trained by the manufacturer. In the case of any defect or breakdown you must therefore contact your electrical dealer or our Service Centre direct. If repairs are carried out improperly, the result can be serious danger for the user. The interior lighting in the cooking space can only be replaced by the AEG Service Centre or by an AEG-trained electrician.

What's also important:

To familiarise easily and quickly with the operation of the microwave oven, please use the "Cooking Tables" section.

Cooking time depends on the quantity of food. As a guide:

Double Quantity = Almost Double Time

Please refer to the Tables. Initially always select the shorter cooking time. Only when necessary extend the time as required.

Food comes in different qualities and is prepared in different quantities, therefore the times and amounts of energy necessary for **defrosting, heating or cooking** are different.

The standing time referred to in the "Cooking tables" means: Allow the food to stand **without** power i. e. inside or outside the appliance, to ensure that the heat in the food is uniformly distributed.

How to cook by time and power

General hints on cooking, heating, and defrosting

Standing time

The correct ovenware

The correct ovenware

| Crockery material | Operating modes | | | |
|----------------------------------|-----------------|---------|---------|--------------------------------------|
| | De-frosting | Heating | Cooking | Combined operation microwave + grill |
| Glass ¹⁾ | X | X | X | X |
| Glass ceramic | X | X | X | X |
| Porcelain ¹⁾ | X | X | X | X |
| Earthenware ¹⁾ | X | X | X | X |
| Plastic crockery ²⁾ | X | X | X | - |
| Paper cups | X | - | - | - |
| Paper plates | X | - | - | - |
| Grease-proof paper ⁵⁾ | X | X | - | - |
| Cardboard ⁵⁾ | X | X | - | - |
| Aluminium foil ³⁾ | X | X | X | - |
| Metal objects ⁴⁾ | - | - | - | - |
| Aluminium containers | X | X | X | X |
| Crockery with metal parts | - | - | - | - |
| Keep-fresh foil | X | - | - | - |
| Roasting foil | X | X | X | - |

¹⁾ Excluding silver, gold, platinum, or metal parts

²⁾ Please note the relevant manufacturer's instructions

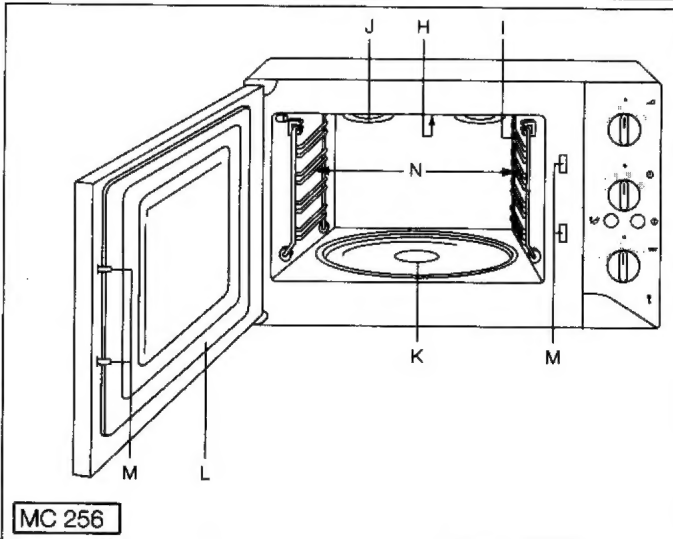
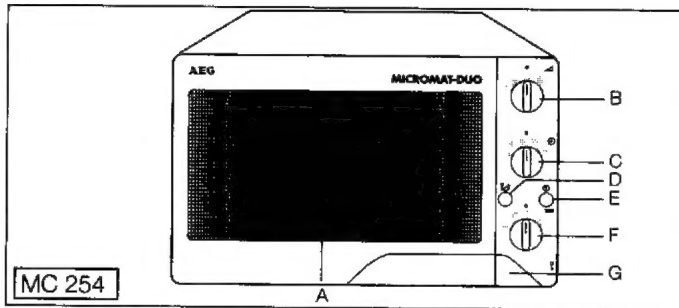
³⁾ Important: please follow the instructions given under "Practical hints on working with microwave appliances"

⁴⁾ For exceptions, see "Golden rules"

⁵⁾ With prolonged heating there is a risk of fire!

Pre-cleaning the oven

Before using my oven for the first time, clean all accessories, turntable, turntable support etc., with warm water and washing-up liquid.



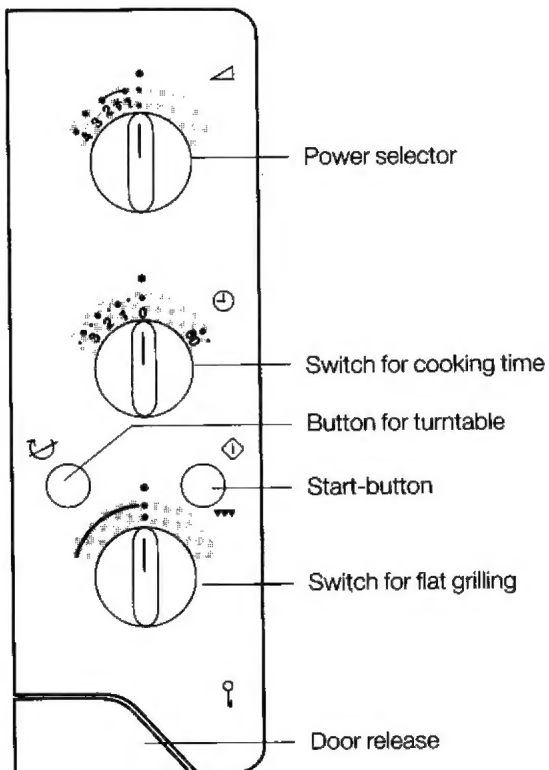
MICROMAT DUO 220/230

- A** Door with viewing window
- B** 9-level power switch
- C** 60-minute time-switch
- D** On/Off switch for turntable
- E** Start button
- F** 3-level grill switch
- G** Door release
- H** Wave stirrer cover
- I** Interior lighting
- J** Grill heating bar **1300 W** (MC DUO 220),
1700 W (MC DUO 230)
- K** Turntable (**must always be in oven during operation**)
- L** Door seal
- M** Door closer and bolt
- N** Shelf levels

Features


First use

Using for the first time Micro-wave solo opera- tion



MC 257

Put the plug into the earthed socket.

Press the door seal , open the door, place the food inside and close the door.

Set the **power switch**  to the required setting (see Cooking tables).

Set the time with the **switch for the cooking time** .

For cooking times under 2 minutes, set the switch first to 10 minutes and then turn back to the required cooking time!

Close the door of the appliance.


On: Button  sticking out.


Out: Button pressed in.

When using larger pieces of crockery which project beyond the turntable **and might block it** you must turn the turntable off.

Press start-button .

An audible signal is set off at the end of the cooking process (cooking-time ended).

All cooking processes can be interrupted by opening the door using the **door release** , e. g. in order to stir the food (cooking time and power remaining unchanged).

Close the door and **press the start button** . The cooking time automatically resumes.

If the cooking process is to be interrupted or stopped sooner than the time set, press the **door release button**  and turn the **switch**  **for the cooking time** to 0.


Deep-frozen food is defrosted at the times and powers indicated in the "Cooking tables".

Set **power switch**  to **defrosting** 1-3, set switch  for the **cooking time**.

Close the appliance door.

Press start button .

An audible signal sounds at the end of the defrosting time.

In microwave solo operation make sure that the switch for **grilling**  is in the **Off-position** (:).

Microwave solo operation

Cooking time and power

Turntable

Starting

Interrupting the cooking process

Stopping the cooking process early

Defrosting


Note

Microwave combined operation



Cooking time and power/ Microwave

Put the plug into the earthed socket.

Press the door release , open the door, place the food inside and close the door.

Set the **power switch**  to the required setting (see Cooking tables).

Set the time with the **switch for the cooking time** .

For cooking times under 2 minutes, set the switch first to 10 minutes and then turn back to the required cooking time.

Close the door of the appliance.

Switching on the grill

Set the **switch**  for the hook-up grill to the required position 1, 2, or 3 (see Combination table for **grilling**).

In combined operation, both my turntable and the shelf supports with the accessories (e.g. wire tray) can be used as well.

When using the shelf supports please consult the "Combination table for grilling".

Turntable

On: Button  sticking out.

Out: Button pressed in.


When using larger pieces of crockery which project beyond the turntable **and might block** it you must turn the turntable off.


Starting

Press start-button .




An audible signal is set off at the end of the cooking process (cooking-time ended).

Interrupting the cooking process

All cooking processes can be interrupted by opening the door using the **door release** , e. g. in order to stir the food (cooking time and power remaining unchanged).

Close the door and **press the start button** . The cooking time automatically resumes.

Stopping the cooking process early

If the cooking process is to be interrupted or stopped sooner than the time set, press the **door release button**  and turn the **switch**  for the cooking time and the **switch**  for the grill to the **Off position** (:).

Turn pieces of meat/fish over so that they are browned evenly on both sides.

Microwave combined operation

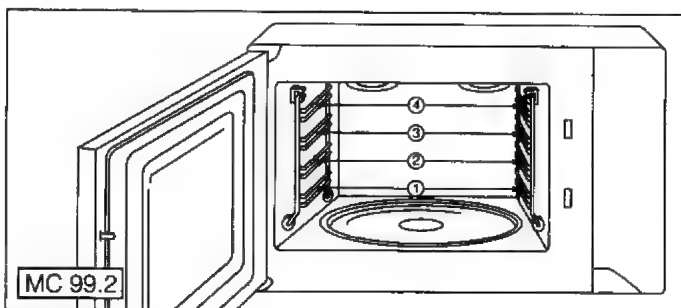


To make cleaning easier, a splash-protection panel can be inserted above the grill (special accessory at extra charge).

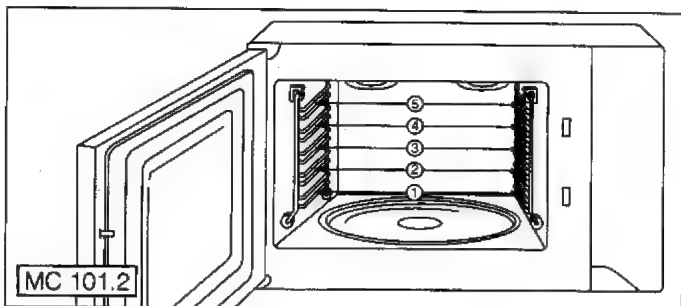
Please insert the glass fat-pan and the wire tray as shown in the table.

Recommendations

Shelf levels



MC DUO 220





MC DUO 230


The grilling times stated can only be for general guidance as, for grilling in particular, the times depend on the nature and the thickness of the items being grilled and on the desired result.

The glass fat-pan and the wire grill are easier to clean if they are placed to soak in warm water with washing-up liquid immediately after grilling has finished.

**Combined
operation
table
microwave/
grill**

| Type/quantity | Micro- wave power  | Shelf level Glass fat- pan/wire grill counting upwards | Grill setting  level | Cooking time in minutes |
|-------------------------|--|--|--|-------------------------------|
| 500 g roast beef | 4 | 1 | 3 | 15-20 |
| 500 g roast pork | 5 | 1 | 3 | 35-40 |
| 2 breasts of chicken | 6 | 1 | 3 | 18-25 |
| Whole chicken | 6 | 1 | 2 | 25-30 |
| Minced roast | 7 | 1 | 3 | 20-25 |
| Baked potato | 8 | 1 | 2 | 20-25 |
| Moussaka | 7 | 1 | 2 | 18-25 |
| Lasagne | 7 | 1 | 2 | 20-25 |
| Noodle casserole | 5 | 1 | 3 | 20-25 |

Set power switch  to position (:):

Set the time with the **switch for the cooking time** .
For grilling times under 2 minutes, set the switch first to 10 minutes and then turn back to the required grilling time.

Close the door.

Set the **switch**  for the **variable grill** to the required position 1, 2, or 3 (**see Grilling table**).

For grilling you can use my accessories (e. g. wire tray or wire tray and glass fat-pan).


Set the parts into the shelf supports according to the grilling table.

During grilling, the turntable must always be turned off!

Off: Button  pressed in.

Press start-button .

At the end of the grilling process (grilling-time ended) an audible signal is set off.

All grilling processes can be interrupted by opening the door using the **door release** , e. g. in order to turn the food (grilling time remaining unchanged).

Close the door and **press the start button** . The grilling time automatically resumes.

If the grilling process is to be interrupted or stopped sooner than the time set, press the **door release button**  and turn the **switch for the grilling time**  and the **switch**  for the grill to the **Off position** (:).

Grilling



Grilling time

Grilling power

Caution

Starting

Interrupting the grilling process

Stopping the grilling process early

Grilling operation



Recommendations

Shelf levels

Grilling table

Turn pieces of meat/fish over after half the grilling time, so that the slices are browned evenly on both sides. Flat slices and pieces need only to be turned over once; larger, rounder pieces several times.


To make cleaning easier, a splash-protection panel can be inserted above the grill (special accessory at extra charge).

Please use the glass fat-pan and the combination wire tray as shown in the table.

The grilling times stated can only be for general guidance as, for grilling in particular, the times depend on the nature and the thickness of the items being grilled and on the desired result.

Preheat the cooking space for 2 minutes.

The glass fat-pan and the wire grill are easier to clean if they are placed to soak in warm water with washing-up liquid immediately after grilling has finished

| Type/quantity | Shelf level | | Grilling time | | Grill setting  level |
|--|-------------|------------|---------------------|----------------------|---|
| | MC DUO 220 | MC DUO 230 | 1st side | 2nd side | |
| Pork cutlet, pork schnitzel, rissoles, veal schnitzel, mutton or lamb cutlet | 3 | 4 | 15-18 min | 12-15 min | 3 |
| Pork fillet | 3 | 4 | 18-20 min | 12-15 min | 3 |
| Sausage | 3 | 4 | 15-18 min | 12-15 min | 3 |
| Shashlik | 3 | 4 | 12-15 min | 10-12 min | 3 |
| Beef fillet steak | | | | | |
| Veal steak | 3 | 4 | 10-15 min | 10-15 min | 3 |
| Halves of chicken (500 g each) | 1 | 1 | 15-20 min inside | 15-20 min outside | 2 |
| Fish fillet | 3 | 4 | 8-12 min | 7-10 min | 3 |
| Trout, each | | | | | |
| approx. 200-250 g | 3 | 4 | 10-15 min | 8-10 min | 3 |
| Toast | 3 | 4 | 3- 4 min | 3- 4 min | 2-3 |
| Open sandwiches | 3 | 4 | 10-12 min | | 3 |

The following list will show you which power settings enable you to do what:

Setting 8-9: Maximum power

- to start a cooking sequence, **to bring to the boil, start roasting, stewing, etc.**
- roasting meat on the micro-grill plate
- heating ready meals
- **defrosting** and **heating** deep-frozen ready meals

Setting 6-7:

- **finish roasting** meat that was initially roasted on Setting 9
- **warming** tender dishes such as: mushrooms, cheese, snails, mussels, beaten eggs, kidney beans, butter, baby-food in glass jars, chocolate for coating cakes
- **starting to stew** meat in small pieces (goulash)
- cooking fish.

Setting 3-5:

- **simmering** soups, stews, casseroles, noodles (after bringing to the boil on Setting 9)
- further braising of goulash, collared meat, etc. after initial roasting
- cooking small pieces of veal (without initial roasting).

Setting 2:

- **defrosting** meat, fish, fruit, bread, and cakes
- **soaking** rice (after bringing to the boil on Setting 9).

Setting 1:

- **warming** cold dishes and drinks, softening butter
- **defrosting** dishes with a high fat content, sausage, and cheese
- proving yeasted dough
- defrosting cream and butter
- defrosting cakes with cream or butter icing.

Setting (:)

only for use when grilling!

Cooking:**Practical hints on working with microwave appliances**

Wherever possible, cook in a covered container. Only if crust is required or is to be retained should you cook food in uncovered containers. After switching off your appliance, allow the food to stand inside for some minutes (**standing time**).

Refrigerated or frozen foods require a longer cooking time.

Foods containing sauces should be stirred from time to time.

Vegetables:

Cook vegetables with firm consistency, such as carrots, peas, and cauliflower, with a little water. Cook vegetables with soft consistency, such as mushrooms, peppers, and tomatoes, without liquid.

Defrosting:**Meat:**

Place frozen, unpacked meat on an inverted plate in a glass or porcelain container so that the meat juice can drain. Turn during the defrosting period.

When the defrosting period has elapsed, the pieces of meat need a differently long **standing time** depending on consistency.

Butter, pieces of layer cake, cottage cheese:

Previously remove aluminium foil packaging. Do not fully defrost in the appliance, but leave to adjust outside.


Ready meals

Ready meals in metal packages or plastic containers with metal lids should be heated or defrosted in your microwave oven **only if they are explicitly marked as being suitable for microwave use. Please follow the operating instructions printed on the packages (remove the metal lid and prick the plastic foil).**

Important: Metal objects must be placed at least 2 cm away from the cooking space walls and door.


Micro-wave solo operation

Heating of refrigerated food and drink

| Type/quantity | Remarks/hints: | Power  | Time/min. 850 W |
|---|---|--|--------------------|
| Food | | | |
| 1 glass babyfood (125–250 ml) | Heat glass without lid, stir after warming | 5–6 | 1/2–2 |
| 1 convenience meal on plate (350–400 g) | Heat in covered container. Place gravy alongside separately in cup | 9 | 2–3 |
| 1 portion meat (around 150 g) | Heat breadcrumbed meat in un- covered container, all other meat portions in covered container | 9 | 1–2 |
| 1 portion vegetables or potatoes or rice (around 200 g, each) | Heat in covered container | 9 | 1 1/2–2 1/2 |
| 1 cup soup (around 200 ml) | Heat clear soups in uncovered container, thick soups in covered container | 9 | 1–1 1/2 |
| Drinks* | | | |
| 200 ml milk or babyfood | Stir after warming Check the temperature! | 7–8 | 1/2–1 |
| 1 cup/glass water boil (around 180 m ³) | Stir in instant coffee or tea after around 1/2 minute when water ceases to boil vigorously | 9 | 1–2 |
| 1 cup milk | Heat milk hot enough to drink | 9 | 1/2–1 |
| 1 cup coffee (reheat) | | 9 | 1/2–1 |


* Additionally place teaspoon in container

Melting of food

| Type/quantity | Remarks/hints: | Power  | Time/min. 850 W |
|-------------------------------|----------------------------|--|--------------------|
| Melting of food | | | |
| Chocolate/toppings (100 g) | Stir from time to time | 6–7 | 2–3 |
| Butter (50 g) | To heat, set 1 min. longer | 6–7 | 1/2–1 |







Micro-wave solo operation

Defrosting

| Type/quantity | Remarks/hints: | Power  | Time/ min. 850 W | Standing time (min.) |
|-------------------------------|---|--|------------------------|----------------------------|
| Meat | | | | |
| Whole meat (500 g) | Turn once. Cover fatty lean parts with aluminium foil after 1st half of defrosting time | 2-3 | 10-12 | 10-15 |
| Steaks (per 200 g) | During defrosting time in oven, turn once | 2-3 | 3-4½ | 5-10 |
| Mixed chopped meat (500 g) | Remove defrost chopped meat after 10 min. | 2-3 | 10-12 | 5-10 10-15 (750 W) |
| Goulash (per 500 g) | See chopped meat | 2-3 | 10-12 | 10-15 |
| Poultry | | | | |
| Chicken (around 1 kg) | During defrosting time in oven, turn once. Cover legs with aluminium foil after 1st half of defrosting time | 2-3 | 25-30 | 10-20 |
| Duck (1,5-2 kg) | See above | 2-3 | 25-35 | 40-60 |






Micro-wave solo operation

Defrosting


| Type/quantity | Remarks/hints: | Power 850 W  | Time min. 850 W | Standing time (min.) |
|---|--|---|-----------------------|----------------------------|
| Fish | | | | |
| Whole fish (500 g) | Turn once during defrosting time in oven. Possibly cover fins with aluminium foil | 1-2  | 10-12 | 15-20 |
| Shrimps/Crab (250 g) | Stir thoroughly after half defrosting time | 1-2  | 4- 6 | 15-20 |
| Dairy produce | | | | |
| Cottage cheese (500 g) | Divide and stir frozen cottage cheese pieces from time to time | 1-2  | 18-25 | 15-20 |
| Butter (250 g) | Previously remove aluminium foil | 1 | 3- 5 | 15-20 |
| Cheese (250 g) | Only start defrosting of cheese in appliance and allow to defrost in room | 1 | 3- 4 | 30-60 |
| Cream (200 ml) | Previously remove aluminium lid. Stir occasionally, and whip together with small flakes of ice | 1 | 4- 7 | 15-20 |
| Fruit | | | | |
| Strawberries, damsons, cherries, red-currants, apricots, etc. (500 g) | Allow to defrost in covered container. During defrosting time in oven, stir once | 1-2  | 8-10 | 10-15 |
| Raspberries (250 g) | See above | 1-2  | 4- 6 | 10-15 |

Micro-wave solo operation

Defrosting

| Type/quantity | Remarks/hints: | Power 850 W  | Time/ min. 850 W | Stand- ing time (min.) |
|--|--|---|------------------------|---------------------------------|
| Bread | | | | |
| 4 breadrolls | During defrosting time in oven, turn once | 9* | 1-1½ | 5- 7 |
| Wholemeal bread mixed bread, rye bread per slice (60-80 g) | Defrost individual slices in covered container | 1-2  | ½-1½ | 5- 7 |
| Bread (around 500 g) | Cover cutting surface | 1-2 | 6- 8 | 10-20 |
| Cakes | | | | |
| Dry cakes, e. g. shortcrust pastry cakes (around 300 g) | Allow cakes to defrost uncovered on serviette or plate | 1-2  | 3- 4 | 5-10 |
| Fruit flans baked on baking sheet (400-450 g) | See above | 1-2  | 9-12 | 10-15 |
| 1 slice cheesecake or covered apple tart (around 400 g) | See above | 1-2  | 8-10 | 10-15 |
| Cream and butter-cream layer cakes (300-400 g) | Only start defrosting of cakes in appliance | 1 | 5- 6 | 30-60 |


Defrosting and heating of frozen convenience foods

| Type/quantity | Remarks/hints: | Power 850 W  | Time/ min. 850 W | Stand- ing time (min.) |
|---|---------------------------------|---|------------------------|---------------------------------|
| 1 portion meat with gravy (150 g) | Turn or stir from time to time | 8-9 | 3- 5 | 3-5 |
| 1 portion meat with vegetables, garnish (350-450 g) | Stir food once before serving | 8-9 | 8-15 | 3-5 |
| Pizza, ready-topped (300 g) | Place pizza on browning skillet | 9* | 3- 5 | 3-5 |


* Preheat browning skillet empty 1½-2 min.

Micro-wave solo operation


Cooking fish

| Type/quantity | Remarks/hints: | Power  | Time/ min. 850 W |
|-----------------------------|--|--|------------------------|
| Fish fillets (per 500 g) | Cover during cooking | 9 | 7- 9 |
| Whole fish (1000 g) | Cover during cooking: cover flat parts with aluminium foil | 1. 9 2. 5-6 | 4- 5 8-10 |

Cooking of vegetables and potatoes

| Type | Quantity | Liquid addi- tion | Remarks/hints:* | Power  | Time/ min. 850 W |
|----------------------------------|----------|-------------------------|-----------------------------|--|------------------------|
| Cauliflower | 500 g | 1/8 l | Top with butter | 9 | 8-10 |
| Frozen broccoli | 300 g | 1/8 l | Stalks facing outwards | 9 | 10-12 |
| Mushrooms | 250 g | none | Cut into slices | 9 | 4- 5 |
| Frozen fresh peas and carrots | 300 g | 1/2 cup | | 9 | 7- 9 |
| Carrots | 250 g | 1/2 cup | Cut into cubes or slices | 9 | 8-10 |
| Potatoes | 250 g | 2-3 teasp. | Peel an quarter | 9 | 4- 5 |

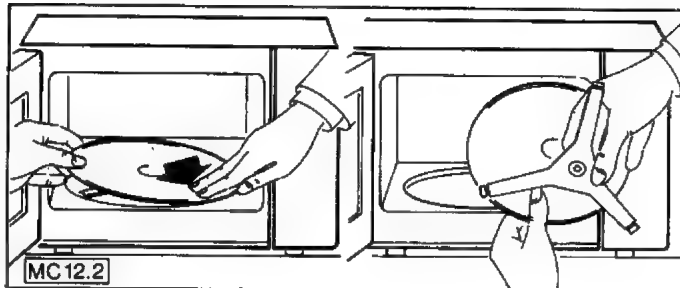
Cooking of vegetables

| Type | Quantity | Liquid addi- tion | Remarks/hints:* | Power  | Time/ min. 850 W |
|----------------------------|----------|-------------------------|------------------------------|--|------------------------|
| Kohlrabi | 250 g | 1/2 cup | Cut into spikes or slices | 9 | 7- 8 |
| Red/green peppers | 250 g | none | Cut into strips or pieces | 9 | 5- 6 |
| Leeks | 250 g | 1/2 cup | Cut into rings or pieces | 9 | 5- 6 |
| Frozen Brussels sprouts | 300 g | 1/2 cup | | 9 | 7- 9 |
| Sauerkraut | 250 g | 1/2 cup | | 9 | 8-12 |

* Note hints in operating instructions!

Cleaning and care

Cleaning the appliance



Cleaning should only be carried out when the appliance is unplugged from the mains supply.

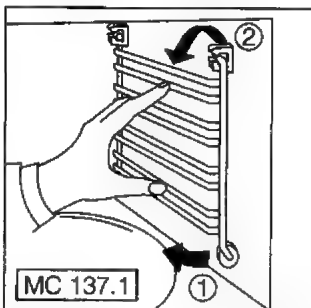
Use only mild cleaners i. e. washing-up liquid and hot water.

Clean your appliance inside and outside with a soft cloth. Never use abrasive scouring agents.

You can neutralize odours inside the cooking space by boiling a cup of water with a little lemon juice for a few minutes in your oven.

Removing and reinserting the wire racks

To clean the side-walls of the micro-wave, the wire racks can be removed as follows:



Pull the rack upwards and lift it out sideways and downwards out of its holder.

It can be placed back in position by following this procedure in reverse.

If you think your microwave oven is not functioning properly

Before calling the service centre, please check whether, on the basis of the following hints, you can rectify the fault yourself.

If your microwave oven no longer works, check whether:

- your appliance is plugged into the mains supply;
- the fuses in the fixed wiring are in order;
- the door is fully closed;
- the start button is pressed.

If after you have made this check the microwave oven still does not work, please call the AEG service centre or your retailer.

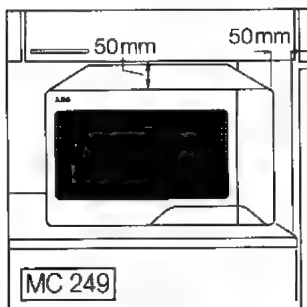
If after you have made these checks the microwave oven still does not work, please telephone AEG Customer Service.

- If you decide to call the Service Centre to help with any of the above instructions or on grounds of faulty operation, the service engineer's visit cannot be made free of charge even during the guarantee period.
- Therefore please take careful note of our instructions on the operation of your microwave oven.
- AEG electrical appliances comply with all the valid safety requirements. Repairs to electrical appliances should only be performed by a trained electrician. Improper repairs may place the user at serious risk.

Installation/connections

A gap all around the oven of 5 cm is necessary in order to assure perfect ventilation.

Connect to a plug socket with protective earth contact and fused with a 16 A-L automatic device or 16 A slow-blowing fuse!



Build-in model

To install the appliance in a hanging kitchen cabinet, use the appropriate mounting frame.

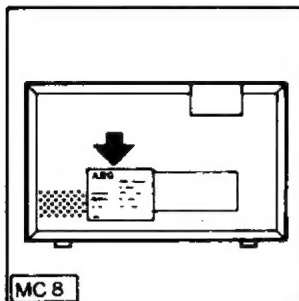
Note the relevant Instructions for Installation and Connection. The oven must be connected by means of a proper plug and protected with a 16-A-L automatic or a 16 amp slow fuse. When the oven is installed, there must be a possibility of disconnecting it from the mains with a contact break of at least 3 mm on all poles.

A suitable size of LS switch, or a melting or fly-out fuse, are suitable contact-breakers.

Service centre

If you cannot find any reference to a particular fault in the operating instructions, please contact AEG Service.

When doing so, quote the E-No. and F-No. of your oven, which you will find on the rating plate (arrow).



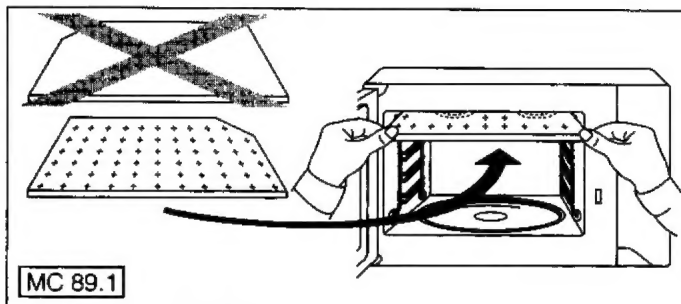
Indication of these numbers helps the Service centre to identify the required spare part so that the engineer can repair the oven on his first visit, thus saving you additional costs caused by repeated trips of the service engineer.

So that these numbers are always to hand, please enter them here.

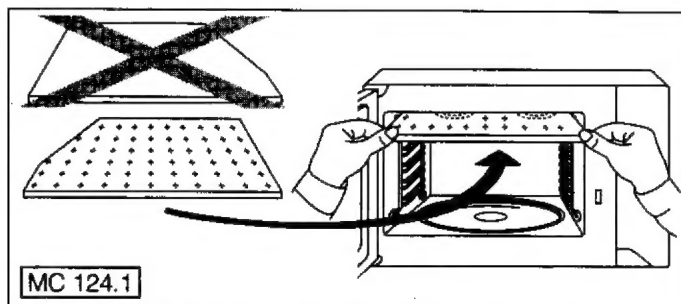
E-No.

F-No.

Special accessories



Glass splash-protection plate for inserting above the grill
MC DUO 220 E-Nr. 611 897 037



MC DUO 230 E-Nr. 611 897 038

**Technical
data****MICROMAT DUO 220**

| | |
|---------------------------|---|
| Mains voltage: | 230 V, 50 Hz |
| Power input: | 2700 W |
| Output: | |
| – full power: | 850 W (measured as in IEC 705: 1988) |
| – defrosting: | 180 W |
| Micro-wave regulation: | 9 (85/130/170/250/425/ 500/600/720/850 W) |
| Grill bar: | 1300 W |
| Fuse: | 16 A-L |
| Electronic timer: | 60 minutes |

Table-top model:

| | |
|---|-----------------|
| Diameter (height x width x depth) in mm | |
| Housing: | 296 x 496 x 384 |
| Interior: | 185 x 315 x 315 |
| Net weight: | 19 kilos |


MICROMAT DUO 230


| | |
|---------------------------|---|
| Mains voltage: | 230 V, 50 Hz |
| Power input: | 3100 W |
| Output: | |
| – full power: | 850 W (measured as in IEC 705: 1988) |
| – defrosting: | 180 W |
| Micro-wave regulation: | 9 (85/130/170/250/425/ 500/600/720/850 W) |
| Grill bar: | 1700 W |
| Fuse: | 16 A-L |
| Electronic timer: | 60 minutes |

Table-top model:

| | |
|---|-----------------|
| Diameter (height x width x depth) in mm | |
| Housing: | 348 x 555 x 429 |
| Interior: | 217 x 360 x 360 |
| Net weight: | 23 kilos |

CE This appliance complies with the following EC Directives: 73/23/EEC of 10. 2. 1973 – Low-Voltage Directive, 89/336/EEC of 3. 5. 1989 (incl. Amendment Directive 92/31/EEC) – EMC (Electromagnetic Compatibility) Directive.

| DIN No. 44 566 Part 2 | Power  | Duration in min. | Standing time in min. | Remarks ¹⁾ |
|---|--|---------------------|-----------------------------|---------------------------------------|
| Defrosting and cooking fish fillet | 9 Grill Off | 11–12 (13–14) | 3 | Covered, turn after half the time |
| Making toast ²⁾ | Grill On: 3 | 3 | – | Preheat for 5 min. |
| Grilling 2 fillet steaks ³⁾ | Grill On: 3 | 18–20 (24–26) | – | Turn after brow- ning the 1st side |
| Grilling a chicken ⁴⁾ | 3 Grill On: 2 | 30 (35) | 3 | As above |

| IEC 705 | Power  | Duration in min. | Standing time in min. | Remarks ¹⁾ |
|----------------------------------|--|---------------------|-----------------------------|---|
| Egg milk (Test A) | 5 Grill Off | 22–24 (26–28) | 120 | |
| Cooking sponge (Test B) | 9 Grill Off | 6 (7) | 5 | |
| Cooking mincemeat (Test C) | 9 Grill Off | 12–13 (13–14) | 5 | |
| Defrosting mincemeat | 2 Grill Off | 15–16 (19–20) | 5 | Place directly on turntable, turn after half the time |
| Defrosting raspberries | 2 Grill Off | 8–9 | 3 | Covered |

¹⁾ Unless otherwise specified, the turntable must be operational.

²⁾ Place on grilling wire shelf (level from below: 3).

³⁾ Place on grilling wire shelf (level from below: 4).

Place collection vessel underneath or insert glass drip-pan
(level from below: 3)

⁴⁾ Place on grilling wire shelf (level from below: 1).

Place collection vessel underneath or insert glass drip-pan
(level from below: 1)

(...) MICROMAT DUO 230

**Test
dish speci-
fications**

**Microwave
power:
850 W**